

# **Nutrition Facts Tables for Ground Beef**

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# Regular Ground Beef

## Standard Format 1.1

### Regular Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 300	
<b>Fat</b> 25 g	<b>38 %</b>
Saturated 10 g + Trans 0.5 g	<b>55 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 17 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %

## Standard Format 1.3

### Regular Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 300	
<b>Fat</b> 25 g	<b>38 %</b>
Saturated 10 g + Trans 0.5 g	<b>55 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 17 g	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 15 %

## Narrow Standard Format 2.1

### Regular Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 300	
<b>Fat</b> 25 g	<b>38 %</b>
Saturated 10 g + Trans 0.5 g	<b>55 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 17 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Narrow Standard Format 2.3

### Regular Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 300	
<b>Fat</b> 25 g	<b>38 %</b>
Saturated 10 g + Trans 0.5 g	<b>55 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 17 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Regular Ground Beef/ Bœuf haché ordinaire

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 25 g	<b>38 %</b>
Saturated / saturés 10 g + Trans / trans 0.5 g	<b>55 %</b>
<b>Cholesterol / Cholestérol</b> 65 mg	
<b>Sodium / Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 17 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Bilingual Standard Format 3.3

### Regular Ground Beef/ Bœuf haché ordinaire

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 25 g	<b>38 %</b>
Saturated / saturés 10 g + Trans / trans 0.5 g	<b>55 %</b>
<b>Cholesterol / Cholestérol</b> 65 mg	
<b>Sodium / Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 17 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Additional Information 18.1

### Regular Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories</b> 300	
<b>Fat</b> 25 g	<b>38 %</b>
Saturated 10 g + Trans 0.5 g	<b>55 %</b>
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Potassium</b> 230 mg	<b>7 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 17 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
Thiamine 8 %	Riboflavin 10 %
Niacin 35 %	Vitamin B <sub>6</sub> 10 %
Vitamin B <sub>12</sub> 110 %	Pantothenate 8 %
Phosphorus 10 %	Magnesium 6 %
Zinc 45 %	

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# Medium Ground Beef

## Standard Format 1.1

### Medium Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 19 g	<b>29 %</b>
Saturated 7 g + Trans 1 g	<b>37 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 19 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 10 %

## Standard Format 1.3

### Medium Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 19 g	<b>29 %</b>
Saturated 7 g + Trans 1 g	<b>37 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 19 g	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 10 %

## Narrow Standard Format 2.1

### Medium Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 250	
<b>Fat</b> 19 g	<b>29 %</b>
Saturated 7 g + Trans 1 g	<b>37 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 19 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	10 %

\* DV = Daily Value

## Narrow Standard Format 2.3

### Medium Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 250	
<b>Fat</b> 19 g	<b>29 %</b>
Saturated 7 g + Trans 1 g	<b>37 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 19 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	10 %

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Medium Ground Beef/Bœuf haché mi-maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 250	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / saturés 7 g + Trans / trans 1 g	<b>37 %</b>
<b>Cholesterol / Cholestérol</b> 60 mg	
<b>Sodium / Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

## Bilingual Standard Format 3.3

### Medium Ground Beef/ Bœuf haché mi-maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 250	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / saturés 7 g + Trans / trans 1 g	<b>37 %</b>
<b>Cholesterol / Cholestérol</b> 60 mg	
<b>Sodium / Sodium</b> 60 mg	<b>2 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

## Additional Information 18.1

### Medium Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 19 g	<b>29 %</b>
Saturated 7 g + Trans 1 g	<b>37 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 60 mg	<b>2 %</b>
<b>Potassium</b> 270 mg	<b>8 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 19 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	10 %
Thiamine	10 %
Riboflavin	15 %
Niacin	40 %
Vitamin B <sub>6</sub>	10 %
Vitamin B <sub>12</sub>	90 %
Pantothenate	8 %
Phosphorus	15 %
Magnesium	8 %
Zinc	45 %

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# Lean Ground Beef

## Standard Format 1.1

### Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories 210</b>	
<b>Fat 15 g</b>	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate 0 g</b>	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein 20 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %

## Standard Format 1.3

### Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories 210</b>	
<b>Fat 15 g</b>	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate 0 g</b>	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein 20 g</b>	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 15 %

## Narrow Standard Format 2.1

### Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories 210</b>	
<b>Fat 15 g</b>	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate 0 g</b>	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein 20 g</b>	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	15 %

\* DV = Daily Value

## Narrow Standard Format 2.3

### Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories 210</b>	
<b>Fat 15 g</b>	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate 0 g</b>	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein 20 g</b>	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	15 %

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Lean Ground Beef/Bœuf haché maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 210</b>	
<b>Fat / Lipides 15 g</b>	<b>22 %</b>
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>
<b>Cholesterol / Cholestérol 60 mg</b>	
<b>Sodium / Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 20 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

## Bilingual Standard Format 3.3

### Lean Ground Beef/ Bœuf haché maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 210</b>	
<b>Fat / Lipides 15 g</b>	<b>22 %</b>
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>
<b>Cholesterol / Cholestérol 60 mg</b>	
<b>Sodium / Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 20 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

## Additional Information 18.1

### Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories 210</b>	
<b>Fat 15 g</b>	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Potassium 270 mg</b>	<b>8 %</b>
<b>Carbohydrate 0 g</b>	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein 20 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
Thiamine 8 %	Riboflavin 15 %
Niacin 40 %	Vitamin B <sub>6</sub> 15 %
Vitamin B <sub>12</sub> 80 %	Pantothenate 8 %
Phosphorus 15 %	Magnesium 8 %
Zinc 50 %	

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# Extra Lean Ground Beef

## Standard Format 1.1

### Extra Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %

## Standard Format 1.3

### Extra Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 15 %

## Narrow Standard Format 2.1

### Extra Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Narrow Standard Format 2.3

### Extra Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Extra Lean Ground Beef/ Bœuf haché extra maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 10 g	<b>15 %</b>
Saturated / saturés 4 g + Trans / trans 0.3 g	<b>20 %</b>
<b>Cholesterol / Cholestérol</b> 55 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Bilingual Standard Format 3.3

### Extra Lean Ground Beef/ Bœuf haché extra maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 10 g	<b>15 %</b>
Saturated / saturés 4 g + Trans / trans 0.3 g	<b>20 %</b>
<b>Cholesterol / Cholestérol</b> 55 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Additional Information 18.1

### Extra Lean Ground Beef

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Potassium</b> 290 mg	<b>8 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
Thiamine 8 %	Riboflavin 15 %
Niacin 45 %	Vitamin B <sub>6</sub> 15 %
Vitamin B <sub>12</sub> 70 %	Pantothenate 10 %
Phosphorus 15 %	Magnesium 8 %
Zinc 50 %	

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# Lean Ground Sirloin

## Standard Format 1.1

### Lean Ground Sirloin

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %

## Standard Format 1.3

### Lean Ground Sirloin

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 15 %

## Narrow Standard Format 2.1

### Lean Ground Sirloin

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Narrow Standard Format 2.3

### Lean Ground Sirloin

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Lean Ground Sirloin/ Surlonge hachée maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 210	
<b>Fat / Lipides</b> 15 g	<b>22 %</b>
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>
<b>Cholesterol / Cholestérol</b> 60 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 20 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

## Bilingual Standard Format 3.3

### Lean Ground Sirloin/ Surlonge hachée maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 210	
<b>Fat / Lipides</b> 15 g	<b>22 %</b>
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>
<b>Cholesterol / Cholestérol</b> 60 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 20 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

## Additional Information 18.1

### Lean Ground Sirloin

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g + Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Potassium</b> 270 mg	<b>8 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
Thiamine 8 %	Riboflavin 15 %
Niacin 40 %	Vitamin B <sub>6</sub> 15 %
Vitamin B <sub>12</sub> 80 %	Pantothenate 8 %
Phosphorus 15 %	Magnesium 8 %
Zinc 50 %	

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# Extra Lean Ground Sirloin

## Standard Format 1.1

Extra Lean Ground Sirloin

Nutrition Facts			
Per 1/2 cup (100 g)			
Amount	% Daily Value		
<b>Calories</b> 180			
<b>Fat</b> 10 g	15 %		
Saturated 4 g + Trans 0.3 g	20 %		
<b>Cholesterol</b> 55 mg			
<b>Sodium</b> 65 mg	3 %		
<b>Carbohydrate</b> 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein</b> 21 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 15 %		

## Standard Format 1.3

Extra Lean Ground Sirloin

Nutrition Facts			
Per 1/2 cup (100 g)			
Amount	% Daily Value		
<b>Calories</b> 180			
<b>Fat</b> 10 g	15 %		
Saturated 4 g + Trans 0.3 g	20 %		
<b>Cholesterol</b> 55 mg			
<b>Sodium</b> 65 mg	3 %		
<b>Carbohydrate</b> 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein</b> 21 g			
Vit A 0 %	Vit C 0 %		
Calcium 0 %	Iron 15 %		

## Narrow Standard Format 2.1

Extra Lean Ground Sirloin

Nutrition Facts			
Per 1/2 cup (100 g)			
Amount	% DV*		
<b>Calories</b> 180			
<b>Fat</b> 10 g	15 %		
Saturated 4 g + Trans 0.3 g	20 %		
<b>Cholesterol</b> 55 mg			
<b>Sodium</b> 65 mg	3 %		
<b>Carbohydrate</b> 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein</b> 21 g			
Vitamin A 0 %			
Vitamin C 0 %			
Calcium 0 %			
Iron 15 %			

\* DV = Daily Value

## Narrow Standard Format 2.3

Extra Lean Ground Sirloin

Nutrition Facts			
Per 1/2 cup (100 g)			
Amount	% DV*		
<b>Calories</b> 180			
<b>Fat</b> 10 g	15 %		
Saturated 4 g + Trans 0.3 g	20 %		
<b>Cholesterol</b> 55 mg			
<b>Sodium</b> 65 mg	3 %		
<b>Carbohydrate</b> 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein</b> 21 g			
Vitamin A 0 %			
Vitamin C 0 %			
Calcium 0 %			
Iron 15 %			

\* DV = Daily Value

## Bilingual Standard Format 3.1

Extra Lean Ground Sirloin/  
Surlonge hachée extra maigre

Nutrition Facts			
Valeur nutritive			
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
<b>Calories / Calories</b> 180			
<b>Fat / Lipides</b> 10 g	15 %		
Saturated / saturés 4 g + Trans / trans 0.3 g	20 %		
<b>Cholesterol / Cholestérol</b> 55 mg			
<b>Sodium / Sodium</b> 65 mg	3 %		
<b>Carbohydrate / Glucides</b> 0 g	0 %		
Fibre / Fibres 0 g	0 %		
Sugars / Sucres 0 g			
<b>Protein / Protéines</b> 21 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 15 %			

## Bilingual Standard Format 3.3

Extra Lean Ground Sirloin/  
Surlonge haché extra maigre

Nutrition Facts			
Valeur nutritive			
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
<b>Calories / Calories</b> 180			
<b>Fat / Lipides</b> 10 g	15 %		
Saturated / saturés 4 g + Trans / trans 0.3 g	20 %		
<b>Cholesterol / Cholestérol</b> 55 mg			
<b>Sodium / Sodium</b> 65 mg	3 %		
<b>Carbohydrate / Glucides</b> 0 g	0 %		
Fibre / Fibres 0 g	0 %		
Sugars / Sucres 0 g			
<b>Protein / Protéines</b> 21 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 15 %			

## Additional Information 18.1

Extra Lean Ground Sirloin

Nutrition Facts			
Per 1/2 cup (100 g)			
Per Serving	% Daily Value		
<b>Calories</b> 180			
<b>Fat</b> 10 g	15 %		
Saturated 4 g + Trans 0.3 g	20 %		
<b>Cholesterol</b> 55 mg			
<b>Sodium</b> 65 mg	3 %		
<b>Potassium</b> 290 mg	8 %		
<b>Carbohydrate</b> 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein</b> 21 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 15 %		
Thiamine 8 %	Riboflavin 15 %		
Niacin 45 %	Vitamin B <sub>6</sub> 15 %		
Vitamin B <sub>12</sub> 70 %	Pantothenate 10 %		
Phosphorus 15 %	Magnesium 8 %		
Zinc 50 %			

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# Extra Lean Ground Round

## Standard Format 1.1

Extra Lean Ground Round

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %

## Standard Format 1.3

Extra Lean Ground Round

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vit A 0 %	Vit C 0 %
Calcium 0 %	Iron 15 %

## Narrow Standard Format 2.1

Extra Lean Ground Round

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Narrow Standard Format 2.3

Extra Lean Ground Round

Nutrition Facts	
Per 1/2 cup (100 g)	
Amount	% DV*
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	
Vitamin C 0 %	
Calcium 0 %	
Iron 15 %	

\* DV = Daily Value

## Bilingual Standard Format 3.1

Extra Lean Ground Round/  
Ronde hachée extra maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 10 g	<b>15 %</b>
Saturated / saturés 4 g + Trans / trans 0.3 g	<b>20 %</b>
<b>Cholesterol / Cholestérol</b> 55 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Bilingual Standard Format 3.3

Extra Lean Ground Round/  
Ronde hachée extra maigre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 10 g	<b>15 %</b>
Saturated / saturés 4 g + Trans / trans 0.3 g	<b>20 %</b>
<b>Cholesterol / Cholestérol</b> 55 mg	
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 0 %	
Iron / Fer 15 %	

## Additional Information 18.1

Extra Lean Ground Round

Nutrition Facts	
Per 1/2 cup (100 g)	
Per Serving	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g + Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Potassium</b> 290 mg	<b>8 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
Thiamine 8 %	Riboflavin 15 %
Niacin 45 %	Vitamin B <sub>6</sub> 15 %
Vitamin B <sub>12</sub> 70 %	Pantothenate 10 %
Phosphorus 15 %	Magnesium 8 %
Zinc 50 %	

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# Lean Ground Chuck

## Standard Format 1.1

### Lean Ground Chuck

<b>Nutrition Facts</b>			
Per 1/2 cup (100 g)			
Amount	% Daily Value		
<b>Calories</b> 210			
<b>Fat</b> 15 g	<b>22 %</b>		
Saturated 6 g + Trans 0.5 g	<b>34 %</b>		
<b>Cholesterol</b> 60 mg			
<b>Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate</b> 0 g	<b>0 %</b>		
Fibre 0 g	<b>0 %</b>		
Sugars 0 g			
<b>Protein</b> 20 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	15 %

## Standard Format 1.3

### Lean Ground Chuck

<b>Nutrition Facts</b>			
Per 1/2 cup (100 g)			
Amount	% Daily Value		
<b>Calories</b> 210			
<b>Fat</b> 15 g	<b>22 %</b>		
Saturated 6 g + Trans 0.5 g	<b>34 %</b>		
<b>Cholesterol</b> 60 mg			
<b>Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate</b> 0 g	<b>0 %</b>		
Fibre 0 g	<b>0 %</b>		
Sugars 0 g			
<b>Protein</b> 20 g			
Vit A	0 %	Vit C	0 %
Calcium	0 %	Iron	15 %

## Narrow Standard Format 2.1

### Lean Ground Chuck

<b>Nutrition Facts</b>			
Per 1/2 cup (100 g)			
Amount	% DV*		
<b>Calories</b> 210			
<b>Fat</b> 15 g	<b>22 %</b>		
Saturated 6 g + Trans 0.5 g	<b>34 %</b>		
<b>Cholesterol</b> 60 mg			
<b>Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate</b> 0 g	<b>0 %</b>		
Fibre 0 g	<b>0 %</b>		
Sugars 0 g			
<b>Protein</b> 20 g			
Vitamin A	0 %		
Vitamin C	0 %		
Calcium	0 %		
Iron	15 %		

\* DV = Daily Value

## Narrow Standard Format 2.3

### Lean Ground Chuck

<b>Nutrition Facts</b>			
Per 1/2 cup (100 g)			
Amount	% DV*		
<b>Calories</b> 210			
<b>Fat</b> 15 g	<b>22 %</b>		
Saturated 6 g + Trans 0.5 g	<b>34 %</b>		
<b>Cholesterol</b> 60 mg			
<b>Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate</b> 0 g	<b>0 %</b>		
Fibre 0 g	<b>0 %</b>		
Sugars 0 g			
<b>Protein</b> 20 g			
Vitamin A	0 %		
Vitamin C	0 %		
Calcium	0 %		
Iron	15 %		

\* DV = Daily Value

## Bilingual Standard Format 3.1

### Lean Ground Chuck/ Épaule hachée maigre

<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
<b>Calories / Calories</b> 210			
<b>Fat / Lipides</b> 15 g	<b>22 %</b>		
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>		
<b>Cholesterol / Cholestérol</b> 60 mg			
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>		
Fibre / Fibres 0 g	<b>0 %</b>		
Sugars / Sucres 0 g			
<b>Protein / Protéines</b> 20 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	0 %		
Iron / Fer	15 %		

## Bilingual Standard Format 3.3

### Lean Ground Chuck/ Épaule hachée maigre

<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per 1/2 cup (100 g) / par 1/2 tasse (100 g)			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
<b>Calories / Calories</b> 210			
<b>Fat / Lipides</b> 15 g	<b>22 %</b>		
Saturated / saturés 6 g + Trans / trans 0.5 g	<b>34 %</b>		
<b>Cholesterol / Cholestérol</b> 60 mg			
<b>Sodium / Sodium</b> 65 mg	<b>3 %</b>		
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>		
Fibre / Fibres 0 g	<b>0 %</b>		
Sugars / Sucres 0 g			
<b>Protein / Protéines</b> 20 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	0 %		
Iron / Fer	15 %		

## Additional Information 18.1

### Lean Ground Chuck

<b>Nutrition Facts</b>			
Per 1/2 cup (100 g)			
Per Serving	% Daily Value		
<b>Calories</b> 210			
<b>Fat</b> 15 g	<b>22 %</b>		
Saturated 6 g + Trans 0.5 g	<b>34 %</b>		
<b>Cholesterol</b> 60 mg			
<b>Sodium</b> 65 mg	<b>3 %</b>		
<b>Potassium</b> 270 mg	<b>8 %</b>		
<b>Carbohydrate</b> 0 g	<b>0 %</b>		
Fibre 0 g	<b>0 %</b>		
Sugars 0 g			
<b>Protein</b> 20 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	15 %
Thiamine	8 %	Riboflavin	15 %
Niacin	40 %	Vitamin B <sub>6</sub>	15 %
Vitamin B <sub>12</sub>	80 %	Pantothenate	8 %
Phosphorus	15 %	Magnesium	8 %
Zinc	50 %		

Although the Beef Information Centre believes the formats for the Nutrition Facts tables comply with the regulations and that the values accurately describe the nutritional content of ground beef in Canada, we make no representation or warranty of any kind and disclaim all liability of any kind whatsoever arising out of your use of this information.